

BAMC

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FOCUS

BROOKE ARMY MEDICAL CENTER: DEDICATION, DUTY, SERVICE



(From left) Jen Yung Lee, Rico Roman and Josh Sweeney, former Brooke Army Medical Center warriors, were selected to represent Team USA Hockey at the 2014 Paralympics Winter Games in Sochi, Russia from March 7-16, 2014.



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Courtesy Photo

Brooke Army Medical Center (BAMC) is comprised of San Antonio Military Medical Center (SAMMC), the Center for the Intrepid, Fort Sam Houston Primary Care Clinic, McWethy Troop Medical Clinic, Taylor Burk Clinic at Camp Bullis, Schertz Medical Home and Corpus Christi Occupational Health Clinic. SAMMC is the largest inpatient medical facility in the Department of Defense, with 425 beds, the only Burn Center and the only Level I Trauma Center in the U.S.

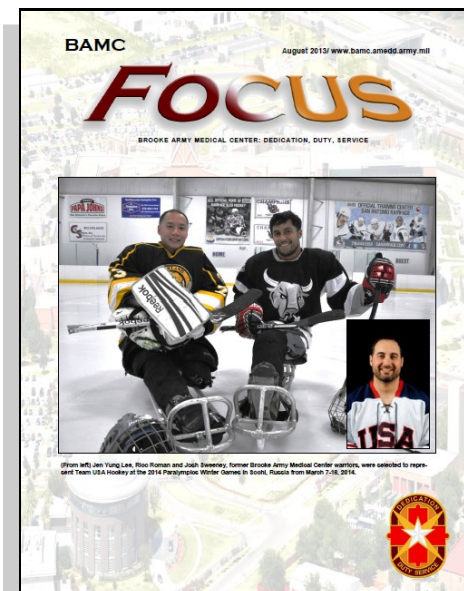


Photo by Robert Shields

(From left) Jen Yung Lee, Rico Roman and Josh Sweeney, former Brooke Army Medical Center warriors, were selected to represent Team USA Hockey at the 2014 Paralympics Winter Games in Sochi, Russia from March 7-16, 2014.

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Brooke Army Medical Center
August 2013

COL Kyle D. Campbell
Commander

CSM Mark K. Pumphrey
Command Sergeant Major

Dewey Mitchell
Chief, Communications Division

Maria Gallegos
Editor

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Deadline for submission is six business days before the 1st of the month. We reserve the right to edit submissions selected for the paper.



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Serving To Heal...Honored To Serve

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COMMANDER



COL Kyle D. Campbell
POC: Carolyn Putnam
(210) 916-4100

Mission

Promote health and provide quality, compassionate, patient-centered care while developing healthcare professionals and optimizing readiness

Vision

To be our patients' first choice in healthcare

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CSM Mark K. Pumphrey
POC: SGT Tyler Mills
(210) 916-5061

COMMAND SUITE LEADERS

**Chief of Staff/Deputy
Commander for
Administration**

**Deputy Commander
for Clinical Services**

**Deputy Commander
for Nursing**

**Deputy Commander
for Allied Health**

PHOTO NOT
AVAILABLE



LTC Mark D. Swofford
POC: Deborah Leas
(210) 916-5009



Col Joseph P. Chozinski
POC: Jennifer Walker
(210) 916-0901



COL Sheri A. Howell
POC: Deborah Rush
(210) 916-2260

COL Ronny Fryar
POC: Mary Aguilar
(210) 916-5590

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Team BAMC,

Your unwavering commitment to excellence in our patients' health, welfare and readiness surely epitomize the trait we call selfless service. Our teamwork and dedication to provide the best care for each patient is our focus and mission.

This collaboration of efforts is a routine mannerism for our staff -- providing the highest quality, patient-centered, safe and accessible healthcare available to our patients at all times.

That is why BAMC has continuously been recognized as one of the top military medical organizations in the Department of Defense. Here are a few accolades from recent achievements.

The SAMMC Obstetrics and Gynecology Residency Program, through challenging work and dedication, was recognized by the Accreditation Council of Graduate Medical Education (ACGME) Obstetrics and Gynecology Residency Review Committee. The department's accreditation has been extended from 5 to 10 years. The last OB/GYN visit took place in 2011; the next scheduled site visit will take place in 2021. Hooah!

Our Pathology Program, covering both Anatomic and Clinical Pathology, recently had the department's accreditation extended from 3 to 6 years by the ACGME. The next scheduled Next Accreditation System (NAS) will take place in 2018. This solidifies the excellence SAMMC's pathology-anatomic and clinical program exudes through its professional standards. Great job team!

And for the second straight year, Brooke Army Medical Center was officially recognized as "A Top Wired Hospital in the United States" from the Hospitals and Health Networks magazine - 2013 Most Wired Survey. A team effort and a tremendous amount of hard work from the IMD department led to our selection for this prestigious award. Also, our 180-day pilot guest wireless program will soon be implemented as an ongoing service for our beneficiaries! A job well done by many!

Every single member of this great team is critical to our success. Your accomplishments are truly legendary.

As always, I'm truly honored and proud to be a part of the BAMC Team -- where amazing is routine!

Leaders -- Serving To Heal...Honored To Serve!

BAMC Six

KYLE D. CAMPBELL
Colonel, MS
Commanding





Annual Organizational Day

Saturday, Sept. 14, 2013
from 1100 - 1530
at Time Warner Park
12001 Wetmore Rd, San Antonio, TX

⊙ Inflatable Bounce	⊙ Extreme Obstacle Course
Bingo ⊙	Swimming ⊙
⊙ Trivia Contest	⊙ Gift Card Giveaways
Cash Prizes ⊙	Tug-A-War ⊙
⊙ Live Music	⊙ Texas Grand BBQ
Face Painting ⊙	and so much more...

Tickets and T-Shirts Will Be Sold Beginning Aug. 14th

**Look for us at the Medical Mall entrance,
SAMMC Garden entrance, and the FSH Clinic,
because we'll be looking for YOU!**



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Army, Air Force team achieves historic trans-Atlantic medical mission

By Elaine Sanchez
BAMC Public Affairs

A Brooke Army Medical Center team made medical history last week by completing the military's first trans-Atlantic movement of an adult on external lung support.

A team of Army and Air Force doctors and nurses treated the patient with extracorporeal membrane oxygenation, or ECMO, during a nonstop C-17 Globemaster III flight from Germany to San Antonio -- a 5,000-mile, 11-and-a-half-hour trek.

ECMO is a lifesaving heart-lung bypass system that circulates blood through an external artificial lung before sending it back into the patient's bloodstream, giving a critically ill patient's lungs or heart time to heal, explained Air Force Lt. Col. (Dr.) Jeremy Cannon, ECMO director and trauma chief at San Antonio Military Medical Center, BAMC's inpatient facility here.

"This historic mission was a true demonstration of our commitment to caring for service members and their families," Cannon said, "no matter how ill or far away they are."

Cannon first learned of the patient, an active-duty Army spouse, late last month.

She had been admitted to a German civilian hospital with a respiratory illness that was compounded by infection.

She was treated and released to a rehab center, but a downward spiral in her health spurred her German providers to initiate ECMO.

The German doctors soon after contacted Air Force Lt. Col. (Dr.) David Zonies, medical director of the ECMO program at Landstuhl Regional Medical Center in Germany.

With Cannon's consensus, they decided the best course of action would be to bring the patient to SAMMC, where she could be provided expert ECMO care around the clock.

The hospital is one of a few adult

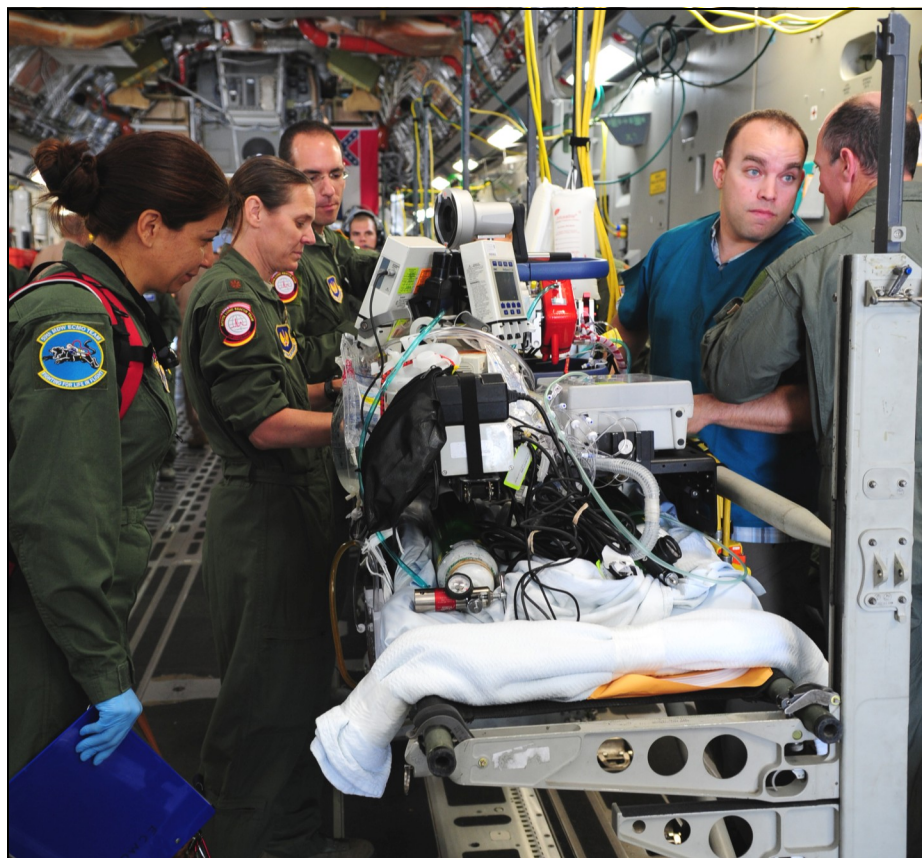


Photo by Senior Airman Hailey Haux

A specialized medical team ensures a patient is safe and ready for takeoff July 10, 2013, at Ramstein Air Base, Germany. A team of Brooke Army Medical Center doctors and nurses treated the patient with extracorporeal membrane oxygenation, or ECMO, during a nonstop C-17 Globemaster III flight from Germany to San Antonio.

ECMO-capable medical facilities in the nation.

The treatment is commonly used in neonatal intensive care units around the world on newborns, including at SAMMC, but adult applications are just now emerging.

Convinced by past successes and new data supporting the use of ECMO in adults, Cannon spearheaded the effort to offer the treatment here several years ago.

In October 2012, he oversaw the care of the hospital's first adult ECMO patient, and BAMC leadership officially stood up the program in May.

After the call from Zonies, Cannon swiftly assembled an ECMO team and flew to Germany while the patient was

moved from the German hospital to Landstuhl.

The following morning, they boarded a C-17 and flew nonstop to Kelly Air Force Base in San Antonio, where they arrived July 10.

A quick ambulance ride later, and the patient was admitted and moved to the ECMO unit in the Institute of Surgical Research Burn Center located in SAMMC.

Although still on ECMO, the patient is doing well, Cannon said. "She even asked for pancakes in Germany, but had to settle for a popsicle instead," he recalled with a smile.

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General Horoho's health initiative shines through second lieutenant

By Rebekah Almquist
BAMC Public Affairs

Brooke Army Medical Center clinical staff nurse, 2nd Lt. Holly Iglehart, is implementing healthy lifestyle programs for her co-workers.

By surveying her staff, Iglehart created programs and briefings to elaborate on specific health topics.

"Responses included information on fat loss, gaining muscle, sleep hygiene tips and so on. I gave an in-service to 45 staff members," Iglehart said.

"The education included going into further detail on the performance triad—sleep, activity and nutrition."

Along with providing thorough and personalized information, Iglehart leads two physical training sessions a week -- making physical activity opportunities available to everyone.

"I started storing my PT equipment in my locker, and every day I would offer to workout with coworkers after work," Iglehart said.

"I have noticed an increased interest



Photo by Rebekah Almquist

and participation due to my flexibility."

Iglehart's dedication to creating a healthy lifestyle environment in the workplace was inspired by a briefing she heard at Basic Officer Leaders Course by Maj. Gen. Jimmie O. Keenan, commanding general of Southern Regional Medical Command, about Lt. Gen. Patricia

Horoho's Lifespace concept.

"After researching the Lifespace concept I knew that I wanted to share it with others," Iglehart said, "I was a college track athlete and believe it's very important to practice what you preach."

According to the Lifespace concept, there are 525,600 minutes in a year of a Soldier or family member's life.

On average, only 100 minutes are spent in hospitals and clinics. The remaining 525,500 is what Horoho refers to as Lifespace.

There are three major components to Lifespace – sleep, nutrition and exercise.

Along with Horoho, Iglehart's mission is to live out and publicize the importance of the triad so that everyone has the opportunity to live a healthy, enjoyable life.

"Education is a powerful tool," Iglehart said. "Going the extra step and providing further explanation will help keep our fighting force, retirees and our families healthier."

Military sleep clinics deliver a good night's rest

By Rebekah Almquist
BAMC Public Affairs

Sleep is a vital part of the Performance Triad due to its dependence and influence on activity and nutrition.

When sleep becomes compromised and prescription medications are not enough, patients are referred to a sleep clinic to undergo thorough evaluations.

In military sleep clinics, teams of doctors, nurses and technicians provide a full service lab to diagnose, treat and manage families with every type of sleep disorder.

"Patients of all ages can experience sleeping disorders," said Army Col. (Dr.) William Frey, Brooke Army Medical Center sleep expert and consultant to the Surgeon General sleep medicine.

A recent study showed that Soldiers sleep less than six hours on average.

"We need to educate Soldiers on what appropriate sleep looks like. The human brain needs eight hours consistently to function at its peak," Frey said.

"When we don't get adequate sleep we build up 'sleep debt' and there's no lottery to pay it off – it has to be consistent."

The National Sleep Foundation estimates around 70 million people have some form of a sleep disorder.

Fortunately, Frey said the success rate for those who complete treatments at the sleep clinic is nearly 100 percent.

While some diagnoses require over-

night sleep evaluations, most treatments are based on creating good sleep habits.

This involves creating a nightly routine to help wind down and/or finding a peaceful, stress-free environment that can help ensure efficient rest.

According to Frey, physical fitness and nutrition are also key components to a good night's sleep.

"If you're sleepy, when you get off work you're not going to go exercise or take the time to cook a balanced meal," Frey said.

"That's how sleep disorder fits into the triad and have significant influences of the overall performance."

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Sleep disorders: a wake-up call to get help

By Rebekah Almquist
BAMC Public Affairs

More than 90 percent of sleeping disorders involve trouble falling asleep at night or staying awake during the day, an Army sleep expert said.

Obstructive Sleep Apnea, the most common disorder, is a blockage of the airway that keeps oxygen from entering the lungs, explained Army Col. (Dr.) William Frey, Brooke Army Medical Center sleep expert and consultant to the Surgeon General sleep medicine.

Individuals with OSA often wake up choking due to lack of breath. Sleep clinics prescribe Positive Airway Pressure devices to open airways and allow patients to breath regularly – ensuring a full night's rest.

"Some people recognize this and wonder why they wake up. If it happens enough times over an eight-hour period, there is no continuity of sleep.

This can lead to daytime sleepiness," Frey said. "The same consequences of not getting adequate sleep. OSA is found in 25 percent of men and 10 percent of women over 30."

The National Sleep Foundation estimates 16 percent of fatal traffic accidents are due to drowsy driving or falling asleep behind the wheel.

"Staying awake driving, during briefs, firing a weapon and other potentially dangerous situations is vital. Lack of sleep can affect your military career and personal life," Frey said.

Insomnia, a less common disorder, makes it difficult for individuals to fall asleep. The symptoms can often be categorized as Voluntary Sleep Disorders, lifestyle habits resulting in sleep problems. Frey said VSD is very common in soldiers.

"Before we can diagnose anyone with a sleeping disorder, we evaluate their schedule to rule out what things



Courtesy Photos

Karen Robbins, Registered Respiratory Therapist at Wilford Hall Ambulatory Service Center, prepares her patient Tech. Sgt. Robert Stelly for a sleep study.



Lt. Col. Herbert Kwon, 59th Medical Speciality Squadron at Wilford Hall Ambulatory Service, briefs patients on their treatment options at Lackland Air Force Base, July 26.

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Senior leader honors Soldiers, thanks BAMC staff for service

By Maria Gallegos
BAMC Public Affairs

A senior leader from the Pentagon honored two Soldiers and visited with warriors, families and staff at Brooke Army Medical Center here July 17.

Jessica L. Wright, acting undersecretary of defense for personnel and readiness, presented Army Sgt. Anthony Ayers and Army Spc. Joseph Contreras with their Purple Heart medals and certificates, while Maj. Gen. Jimmie Keenan, commander of Southern Regional Medical Command, was the host for the ceremony.

Wright, a retired veteran with 35 years of service and a mother of a deployed Soldier, voiced her admiration and empathy to the Purple Heart warriors at the ceremony.

"Clearly an honor to be here," she said. "I am humbled because I am a former Soldier and a mom of a Soldier ... I am humbled to be here in your presence. Thank you very much for everything you have done.

"The fact that you have given your time and energy and of yourself to preserve this intangible gift -- that we, the United States enjoy every day -- thank you very much for that," Wright added.

Ayers, an infantryman, was conducting a combined dismounted patrol in Afghanistan on May 14 when he was struck by an improvised explosive device resulting in his combat injuries.

Serving as a tank crewman, Contreras was conducting a mounted patrol when his vehicle was struck by an IED Aug. 4, 2011, resulting in his combat injuries.

"... To my grandpa, who was a World War II veteran -- I know he would be proud of me right now if he was here," Contreras said.

After the ceremony, Wright said in an interview that the Purple Heart medal is something that the Soldiers don't want to have, but "once they are wounded, we owe them the honor, we owe them the dedication and the respect, not just today



Photos by Rebekah Almquist

(From left) Command Sgt. Maj. Marshall Huffman, Southern Regional Medical Command; SRMC Commander Maj. Gen. Jimmie Keenan; Sgt. Anthony Ayers; Spc. Joseph Contreras; and Acting Undersecretary of Defense for Personnel and Readiness Jessica L. Wright, pose after the Purple Heart ceremony at the Warrior and Family Support Center near Brooke Army Medical Center in San Antonio on July 17. Wright presented the medals at the ceremony.

but every day of their lives ... They have given us this intangible gift and there are a lot of us that don't realize that gift is freedom," she said.

Wright also understands the apprehension family members feel when a loved one is deployed, but said the military provides the best medical care, equipment and technology to ensure service members' safety.

"As a Soldier, I have gone over to [Afghanistan] myself and sent a lot of people over there, but as a mom, your heart goes -- and so my son is there and there's not a moment in the day that I'm not thinking about him and his safety," Wright told the reporter.

"But I know this -- I know that he has the best equipment, I know he has the best training and I know he has the best leaders that this world can offer, and that he will be fine; and if he is not fine, it's something that God wanted."

Following the ceremony, Wright visited with warriors, their families and staff



Jessica L. Wright, acting undersecretary of defense for personnel and readiness, thanks a wounded warrior for his dedicated service during her visit to the Warrior Transition Battalion. Following the Purple Heart ceremony, Wright visited with warriors, their families and staff at the Center for the Intrepid, Fisher House, Burn Center and the Emergency Department at San Antonio Military Medical Center, Texas, July 17.

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Warriors strength led to 2014 winter games

By Maria Gallegos and
Robert Shields
BAMC Public Affairs

Formerly assigned warriors of Brooke Army Medical Center Warriors in Transition Battalion continue to excel despite their physical injuries.

USA Hockey recently announced that forward Josh Sweeney, defenseman Rico Roman and goaltender Jen Yung Lee of the San Antonio Rampage Sled Hockey Team have been selected to represent Team USA at the 2014 Paralympic Winter Games in Sochi, Russia from March 7-16, 2014.

"I'm super excited to represent my country in Sochi, Russia," said Roman. "We all have been working very hard here...and all other Rampage players have been pushing us to our full potential so we can hopefully bring home the gold."

Roman, Sweeney and Lee, became heavily involved with the sport while rehabilitating at the Center for the Intrepid through a nonprofit organization, Operation Comfort, an organization that works with wounded service members coming from Iraq and Afghanistan.

"I'm very proud of them," said Janis Roznowski, executive director of Operation Comfort.

"They've worked very hard for this...they never miss practice and are so enthusiastic about the game. I believe they fought for their country and now they can play for their country at the highest level of the game... I'm very proud of the entire team."

In two years wearing the Red, White and Blue Rampage jerseys, Sweeney, Roman and Lee have won several medals and tournament trophies, including a gold medal at the 2012 International Paralympic Committee Sledge Hockey World Championship in Hamar, Norway and a silver medal at the 2013 International Paralympic Committee Sledge Hockey World Championship in Seoul, South Korea.

"Competing in the 2014 Paralympic Winter Games means a lot to me because it allows me to represent the U.S.



Photo by Robert Shields

San Antonio Rampage Sled Hockey Defenseman Rico Roman is in all smiles as he scores a goal on the Rampage's Goaltender, Jen Yung Lee (far right), during a practice session July 31, as the other player looks on. Roman, Lee and Joseph Sweeney (not pictured), have been selected to represent Team USA at the 2014 Paralympic Winter Games in Sochi, Russia from March 7-16, 2014.

Sweeney, 26, is a native of Phoenix, Ariz., and joined the Rampage Sled Hockey Team in 2010. A former high school able-bodied forward, Sweeney was injured by a roadside bomb in Nawzad, Afghanistan in October 2009 which claimed both legs above the knee. He is a former enlisted Marine.

Roman, 32, is a native of Portland, Ore., and joined the Rampage Sled Hockey Team in 2008. He came to San Antonio in 2007 for rehabilitation at Brooke Army Medical Center after a roadside bomb exploded under his vehicle in Iraq, claiming his left leg.

Lee, 26, joined the Rampage Sled Hockey Team in 2009. A former high school goalie, Lee was injured in a motorcycle accident in 2009 which claimed part of his left leg. He is currently enlisted with the U.S. Army and remains on active duty.

Army and the United States," said Lee, who is also the first active duty Soldier selected for a U.S. Paralympic winter sports team.

"I just reenlisted in 2012 for another three years, and was given a chance to continue to serve and before all this happened I wasn't sure where my career was heading but when I came here for my physical therapy and rehab at the CFI and now with hockey... I hope to make my family and the Army proud."

The warriors will be competing in their first Paralympic Winter Games after being members of the U.S. National Sled

Hockey Team for the last two seasons. Team USA skated to a perfect 5-0-0 record at the 2010 Paralympic Winter Games in Vancouver, B.C., en route to a gold medal.

"I'm representing my country in a different way," said Roman.

"Even though I'm not wearing my military uniform, I'm still representing my country in my USA Hockey jersey -- hopefully to the fullest and hopefully bringing home the gold."

(Excerpts from San Antonio Rampage press release)

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BAMC's Back to School Health Fair Spotlights

By Elaine Sanchez
BAMC Public Affairs

From eating to exercise, military families learned about making healthy choices during BAMC's first annual Back to School Youth Health Fair on July 26 at San Antonio Military Medical Center.

The pediatric fair featured an on-site immunization clinic, Wii dance station, healthy snacks and fresh fruit smoothies, information booths, face painting, and a physical fitness test called "How do you measure up to a Soldier?"

"Pediatric staff members administered more than 100 immunizations to youth beneficiaries during the fair," said Col. (Dr.) Mary Pelszynski, chief, Department of Pediatrics.

"We were pleased at the turnout and the opportunity to ensure children are protected from disease and prepared for

the school year."

Children lined up outside to toss a ball to Donn Roach, San Antonio Missions baseball player, while the San Antonio Talons football team dancers entertained the crowd with a few routines.

Kids of all ages flocked to the fitness test station to see how their push-ups and sit-ups measured up to a Soldier's, while parents and bystanders cheered them on.

"The children had fun while learning about the importance of healthy eating and exercise," Pelszynski said. "That's a win-win for us and for our military families."

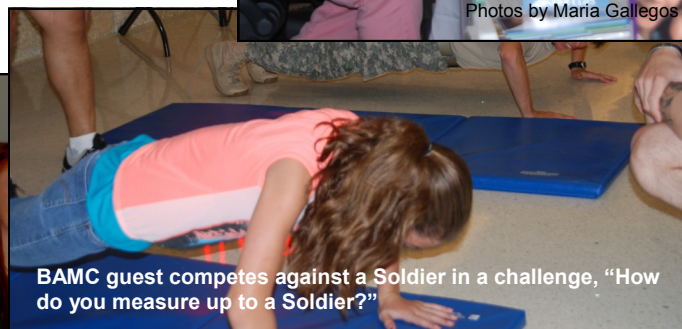
Beneficiaries still seeking back to school physicals for their children can call 916-9900.



Photos by Maria Gallegos



Southern Regional Medical Command Commander, Maj. Gen. Jimmie Keenan, takes part in the Wii dance contest with San Antonio Talons Dance Team members during the health fair.



BAMC guest competes against a Soldier in a challenge, "How do you measure up to a Soldier?"



Photo by Rebekah Almquist

BAMC Security Officers mock arrest Swoop, San Antonio Talons mascot, during the health fair.



Donn Roach, San Antonio Missions pitcher, plays catch with Swoop, San Antonio Talons mascot, and guests at the health fair.

AUGUST IS CHILD SAFETY MONTH

With the start of school just around the corner, the following health and safety tips can help you and your child prepare for the all important and exciting first day.

Immunizations

It is important to get your child immunized as early as possible to avoid the back-to-school immunization rush. Check the schools website, or www.immunizetexas.com to ensure your child is up to date. Texas requires some vaccines that other states don't, so do not wait until the first day of school to find out. Your child will not be allowed to attend school without the proper vaccines. August is also National Immunization Awareness Month, so look for information and activities in your area.

Medications

If your child must take medications during the school day, forms will need to be completed by your child's physician; medication must be taken to the school by the parent/guardian in a prescription bottle labeled by the pharmacy. Check the school's website for specific instructions and forms.

Travel To and From School

School Bus

Review basic bus safety rules with your child. Make sure your child knows their bus number, has a safe place to wait for the bus and a safe route to get there.

Car

All passengers should wear a seat belt and/or age and size appropriate car seat or booster seat. Talk to your child about who is allowed to take them to and from school.

Bike

Always wear a bicycle helmet, ride on the right, in the same direction as cars, and use appropriate hand signals. Respect traffic lights and stop signs. Get your child a lock to secure their bike.

Walking to School

The American Academy of Pediatrics (AAP) recommends children be at least 10 years of age before being allowed to walk to school unsupervised (except in limited situations). Keep your child's maturity level in mind. Make sure there is a safe route with crossing guards at intersections.

No matter what the transportation, ensure your child is aware of and follows general safety rules,

Before and After School Care

According to the AAP, 11 and 12 year olds should not come home to an empty house unless they show unusual maturity for their age. Plan and discuss where he/she will be going after school (home, after school program, babysitter) and how he/she will get there. Ensure your child is aware of who will be responsible for him/her, what the rules are, and how to get help in an emergency.

Backpack Safety

Consider your child's health. The backpack should never be more than 10 % of your child's body weight. Choose a backpack with wide, padded shoulder straps and padded back. Both shoulder straps should always be used and the weight distributed evenly. Visit the American Occupational Therapy Association's website for more information and backpack facts.

Check out <http://kidshealth.org> for safety tips and more.

Resources: *Healthychildren.org; American Academy of Pediatrics; American Occupational Therapy Association*

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SAMMC guests connect with Wi-Fi

By Maria Gallegos
BAMC Public Affairs

The 180-day guest wireless pilot program, which began in January, will soon be implemented as an added service at San Antonio Military Medical Center.

Wi-Fi will enable BAMC guests to continue to text, email or just browse the Internet using their tablets, smart phones or other various wireless devices at the SAMMC.

"By offering the wireless service to our patients, especially to our inpatients, we have improved the quality of life and experiences at the medical center," said Patti Steward, senior wireless engineer for Brooke Army Medical Center Information Management Division.

"They can use this service to stay connected with friends or family in the facility, while waiting for their prescriptions or during their recovery time."

The success of the program is attributed to the constant feedback received from the Interactive Customer Evaluation (ICE) survey that patients completed once they registered for the Wi-Fi service.

"BAMC IMD team reviewed all the comments that was received from beneficiaries and made configuration changes to simplify the login-in process for patients within the limitation of ensuring that network security was not compromised," said BAMC Chief Information Officer, Army Lt. Col. (P) David Broyhill.

"Over 90 percent of those surveyed agreed and provided positive feedback, noting the new service as 'Excellent or Good,'" said Steward.

"Due to Department of Defense security requirements, there are a few additional steps to register and log in."

A guest noted on the survey "the method used to gain access to the secure wireless was very unique...but once I was able to clearly understand what was going on – the connectivity was great."

"Access allowed me to communicate



Photo by Robert Shields

Katie Glover connects with her family on her iPhone, during her husband's appointment at the San Antonio Military Medical Center. Beginning of August, the Wi-Fi will enable BAMC guests to continue to text, email or just browse the Internet using their tablets, smart phones or other various wireless devices at SAMMC.

with work and others while waiting to be seen. Before this I could not get data service via my phone – this is great," noted another guest.

The BAMC IMD team worked closely with the U.S. Army Medical Information Technology Center, the MEDCOM Enterprise IM/IT service providers to balance usability with the utmost security of personal health information with advanced information technology to better serve the patients at the medical center.

"This is a great example of collaboration between BAMC and USAMITC-- as we continue to bring the cutting-edge technology to our patients and beneficiaries of BAMC," said BAMC Chief Technology Officer, Army Maj. Chad Fletcher.



Using Your TRICARE Pharmacy Home Delivery Benefit

TRICARE Pharmacy Home Delivery is your least expensive option for filling prescriptions when not using an military treatment facility pharmacy.

Home delivery allows you to receive up to a 90-day supply of your maintenance medications for the same price as a 30-day supply filled at your local retail network pharmacy.

If you have a prescription and are a TRICARE beneficiary, you may order your medication by mail, phone, fax, or online, and your prescriptions will be delivered with free standard shipping.

If you would like to convert a current maintenance prescription to mail order, call the Member Choice Center at 1-877-363-1433, or use the online tool on the TRICARE Pharmacy Program Web Site at www.express-scripts.com/TRICARE.

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BAMC CELEBRATES ARMY MEDICAL CORPS BIRTHDAY



Photo by Maria Gallegos

(from left) Most senior physician, Air Force Col. Joseph Chozinski, Maj. Gen. Jimmie Keenan, youngest intern physician Army Capt. Fabian Rohena and Col. Kyle Campbell cut the cake during the Medical Corps 238th Birthday celebration at San Antonio Military Medical Center medical mall July 26.

August is

Immunization Awareness Month

Immunization Health

Providing Protection for our Soldiers and their Families

Army Medicine is committed to ensuring that every service member, family member, Department of the Army civilian, healthcare provider, and retiree receives the vaccines they need to stay healthy. Take time this month to ensure you and your family are fully protected against disease.



**Enrollment for 2013/2014 Flu Season begins soon!
Reserve your appointment now!**

**If you are interested,
call (210) 916-6014
or e-mail
jodi.a.tullman.ctr@mail.mil**



Self-Administered Nasal Influenza Feasibility Study

ELIGIBILITY:

Healthy males & females
18-49 years old
DoD beneficiary

WHAT'S INVOLVED:

Interview & Diary completion
2 Blood draws
FluMist® Nasal Vaccination
2 visits over 1 month period

Payment of \$25 per blood draw



Photo by Rebekah Almquist

Jessica L. Wright, acting undersecretary of defense for personnel and readiness, and Karen Matayka, hold Matayka's twins at the Brooke Army Medical Center Fisher House in San Antonio on July 17. Her husband, Army Sgt. Ed Matayka, was the first wounded warrior who successfully had the in vitro fertilization transfer at San Antonio Military Medical Center.

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at the Warrior Transition Battalion, Center for the Intrepid, Fisher House, Burn Center and the Emergency Department at San Antonio Military Medical Center.

She thanked the warriors, families and staff for their dedication and gave words of encouragement and gratitude for their commitment to our country.

"We couldn't do it without these people who give their time and energy. All of you are truly a gift from God," said Wright.

Wright is the deputy senior policy advisor to the Secretary of Defense on recruitment, career development, pay and benefits for 1.4 million active duty military personnel, 1.3 million Guard and Reserve personnel, 680,000 Department of Defense civilians, and is responsible for overseeing the overall state of military readiness.

SAMMC DOCS NAMED AMONG SAN ANTONIO'S BEST BY MAGAZINE



SAMMC Physician Dr. Jay Higgs is featured on the cover and in a spotlight in the August edition of San Antonio Magazine, which highlights "Best Doctors" in San Antonio.

Higgs is Rheumatology program director at SAMMC. He and Dr. Amy Bowles, chief of Traumatic Brain Injury at SAMMC, were among six local physicians highlighted with feature articles about their work in the special edition of the magazine.

Other SAMMC physicians recognized as "Best Doctors" in San Antonio are Dr. Sheri DeMartelaere, Ophthalmology; Dr. Daniel Battafarano and Dr. Ramon Arroyo, Rheumatology; and Dr. Thomas Duginski, Neurology.

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cause them to get inadequate amounts of sleep," Frey said.

"We use an actigraphy, an activity-watch. It monitors a patient's level of movement for two weeks – allowing us to objectively evaluate their lifestyle and say, 'I know your problem, just look at your schedule.'"

Alcohol and tobacco usage along with excess weight are also significant factors in sleep wellness.

Alcohol relaxes the throat muscles while tobacco causes tissues to swell. Excess weight creates fat deposits in the neck.

All three factors contribute to airway blockage causing individuals to wake up or stop breathing during sleep.

Sleep hygiene is the most important aspect to a good night's sleep, Frey noted. Individuals experiencing sleep troubles should create a nightly routine to help

wind down. A peaceful, stress-free environment helps ensure an efficient rest.

"It's a set of processes that make your sleeping environment and behavior conducive to falling asleep. Take all electronics out of the bedroom," Frey said.

"Consistent bed time and consistent wake up time are extremely important in maintaining good sleep."

Prescription drugs are rarely prescribed in sleep clinics. Many problems, Frey said, are simply an issue of sleep hygiene and can be successfully treated if the patients commit to changing behaviors.



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"But we made sure she got her pancakes here."

"The trans-Atlantic trip signified the last piece of the ECMO puzzle at BAMC," Cannon noted.

He had long envisioned a program in which ECMO patients could be transported directly from the battlefield to a stateside location, such as SAMMC, for their recovery.

The ultimate vision, he said, is to create a military ECMO network around the world to ensure wounded and other critically ill service members and beneficiaries can receive the most advanced care available anywhere.

"I look forward to a future in which these types of missions aren't a 'first,' but a routine part of our mission," he said.

San Antonio Military Medical Center: Women in Medicine



Courtesy Photo

Lt. Col. Rechell Rodriguez, USUHS internist and member of the MHS Council for Female Physician Recruitment & Retention (CFPR&R), and Maj. Frances Jones, SAMMC gastroenterologist, created a 'Women in Medicine' seminar series at SAMMC in an effort to support female military physician development.

Rodriguez together with Jones, created a forum for all female physicians of all specialties to network and discuss issues relevant to women in medicine. CFPR&R whose slogan is 'Advancing Military Female Physicians-Past, Present, Future' is supportive of their efforts.

On June 28, they held their first seminar on the topic of 'Work-Life Balance'. Forty-one female physicians which included medical students, residents, fellows and staff physicians, participated in the event.

"Our first seminar was well attended by many female physicians of various specialties and in differing stages of their medical careers," said Rodriguez. "We had a great discussion on the topic of 'Work-Life Balance' and we look forward to the next seminar in September as a panel of speakers will talk about 'How to Enhance the Work Environment'".

For more information about the seminars, please email
Frances.J.Jones2.mil@mail.mil or Rechell.G.Rodriguez.mil@mail.mil

September: Enhancing Your Work Environment
January: Building Your CV and Academic Portfolio
May: Burnout



**CONGRATULATIONS
BAMC CIVILIAN AND MILITARY PERSONNEL!**

Military Awards for July 2013

**Army Achievement
Medal**

Spc. Juan Garrido
Sgt. David Shaffer
Sgt. Michael Luna
Spc. Amana Makhmaltchi
Maj. Charlene Richardson
Spc. David Robinson
Cpt. Lashawanna Ray
Maj. Gregory Lacy
Staff Sgt. Brad Pickel
Spc. David Lubega
Petty Officer 2nd Class James
Traenkner
Cpt. Monika Krzyzek
1st Lt. Anthony Federico
Cpt. Brent Heber

**Army Commendation
Medal**

Cpt. Sonia Makhmaltchi
Maj. Lystra Braumuller
Master Sgt. Salomon Armas
1st Lt. Richard Coulter
Cpt. Janie Davis
Cpt. Kindra Givens
Cpt. Tyrone Shelby
Cpt. Sara Weir
Maj. Corey Campbell
Maj. Dwight Christensen
Maj. Joseph My
Sgt. George Harroun
Sgt. Brandon White
Maj. Michael Lafferty

Meritorious Service Medal

Staff Sgt. Margaret Anthony
Maj. Deborah Engerran
Maj. Tamara Funari
Lt. Col. Clyde Hill
Lt. Col. Francisco Portals
Maj. Thomas Schell
Lt. Col. Eugene Soh
1st Sgt. Mahlon Thomas
Cpt. Bradley Borgkvist
Staff Sgt. Alexander Deluna
Maj. Sereka Barlow
Maj. Jacquelin Coleman-Adams
Cpt. Dequan Jones
Maj. Maren Chan
Col. Ronald Wood
Master Sgt. April Norton
Maj. Rosemarie Rodriguez

Legion of Merit

Col. Mary Hull

Civilian Awards for July 2013

Commander's Award

Zwinda Quijano—DPALS
Roy Salone—WTB

**Civilian of the Quarter
3rd Quarter, FY13**

Category 1—Henry Thomas, DOAOS
Category 2—Reginald Harris, DEM
Category 3—Melaine Lichey, DFCM

